



West Valley City Fitness and Recreation Center News

Membership Has Its Advantages!

Did you know that for less than one dollar per day, your family can have access to West Valley City's award-winning Family Fitness Center? Featuring a lap pool, a leisure pool with the state's tallest indoor waterslide, basketball and racquetball courts, an indoor track, cardio equipment, a weight room, a climbing wall, dance and aerobic rooms, and a soft-play "edutainment" room for children, the Family Fitness Center has something for every member of the family!



The 2nd Annual Cardboard Boat Race Join us June 19 for our June Member Appreciation Event!

The event is free for members. Make a boat out of cardboard or just come watch the race. You can make a boat at home or at the Fitness Center (only a limited supply of cardboard available).

Prizes awarded! For more information, call 955-4000 or visit www.westvalleyfitnesscenter.org.

Wellness Tip of the Month

Fruit & Veggie Fix – When it comes to fruits and vegetables, more matters

The Dietary Guidelines for Americans recommend adults consume 2 cups of fruit and 2 ½ cups of vegetables per day, based on a 2,000-calorie eating plan. Research indicates more than 50 percent of adult consumers know they need to eat five or more servings of fruits and vegetables every day, but more than 90 percent of us don't eat the recommended amount.

Here are some easy ways to meet your daily recommendation:

1. Toss a handful of berries or sliced fruit on cereal, pancakes or waffles or in a cup of plain low-fat yogurt.
2. Add a refreshing crunch to sandwiches with a slice of pineapple or apple. Replace jelly with banana slices on a peanut butter sandwich.
3. Fruit is an excellent on-the-go snack. Bring an apple with you in your gym bag, throw a banana in your briefcase or a plum in your purse.
4. Pack more nutrition into pasta dishes by adding colorful steamed vegetables.
5. Boost your intake by adding vegetables to sandwiches and pizzas.

**** Nothing provided herein should be construed as substitute for advice or treatment by a medical or health care professional. Any information pertaining to your health should be reviewed with your.**

Kidz Kamp Summer Program

For boys and girls 5-11 years old

Camp runs June 7 through August 27

*Themed weeks include:
Western Week, Medieval Week,
Sports Week, Around the World
Week, Super Hero Week, Under
the Sea Week and more!*

Monday – Friday
7 a.m. to 6 p.m.

Includes: field trips, arts & crafts, swimming, sports, Kidz Yoga, Kidz Zumba, silly games, rock climbing, yummy lunch, snacks and much more.

\$90 per week per child and \$80 per week for additional children
OR \$20 per day per child
(No refunds or date changes)

Register by Wednesday 1 p.m.
the week prior to camp.
**No late registrations or
date changes accepted.**

WestFest 5K

Saturday, June 26, 2010
Race start time is 7:30 a.m.

Register by mail (must be post-marked by June 18) or at the Family Fitness Center (5415 West 3100 South, West Valley City) or day of race 6-7 a.m.

Late fees may apply – see below.

Adults (18 & older) \$10
Youth (17 & under) \$5

*Families \$35 (up to six family members – each additional family member is \$5)
* Family Definition: Family members must live in the same residence and be related.

**Entries received after June 18 will
have a \$5 late fee added.**

KIDS FUN RUN

For ages 8 and under.
FREE for family members of 5k participants
and \$5 for all others.
Kids Fun Run registration form required.

For additional information, please call
801-955-4000.



Junior High Summer Program

Tuesday, Wednesday, Thursday
June 15 – August 19
11 a.m. to 2 p.m.

Cost

\$50 for entire summer program
\$25 per month.

Sign up with a friend by June 18th and
receive a \$5 credit at the snack bar.

Program includes: lunch, field trips,
games, leadership activities, rock climbing,
swimming, sports and much more.

Swimming Lessons

Parent/Infant Classes:

Four 30-minute lessons
Members, \$15; non-members, \$21

Private Lessons:

30-minute lesson - \$15

Semi Private Lessons

(up to 3 people):
30-minute lesson - \$20

For more information about aquatics
programs, call 801-955-4001.



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 www.WestValleyFitnessCenter.org
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 10:30 a.m. - 4 p.m.
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 12 p.m. - 4 p.m.

